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LURING RETAILERS

University of Regina marketing professor Lisa Watson says Grasslands Shopping Centre continues to lure retailers, such as a soon-to-open Cabela's, because of its many retail lots. Story, page 2.

MARCO VIGLIOTTI/METRO

City under fire over lobbying

On Twitter. Ethics professor slams city hall's use of social media to influence vote in upcoming municipal referendum

City hall's administration is under fire after using Twitter to lobby citizens to vote a certain way in an upcoming municipal referendum on a wastewater treatment management and financing model.

Five tweets using the hashtag "VoteNo," including a retweet of deputy city manager Brent Sjoberg on his personal account, have been sent from the City of Regina's official Twitter page since Tuesday — a tactic slammed by Winnipeg ethics professor Arthur Schafer as "not just questionable, (but) an unethical practice" for such employees who don't hold elected office.

"It's a clear-cut violation of professional ethics for civil servants," Schafer, director of the Centre for Professional and Applied Ethics at the University of Manitoba, said on Wednesday.

"The role of administrators is to administer. It's not to behave as if they are a lobby group," he added. "They are supposed to provide services for the elected council and the mayor in a politically neutral way — not to have their own political position."

Mayor Michael Fougere said, however, that the city's administration is correct to support a decision made in February by himself and council in support of a public-private partnership (P-3) on the planned sewage treatment plant. He insisted that staff are only presenting objective information so citizens can cast informed votes in the referendum this fall.

"It's not a question of ethics. It's the administration providing information on a decision made by council, and there is nothing wrong with it," Fougere told Metro.

"I have no trouble with what is out there at all — none whatsoever."

Requests for comment from the city's administration were not granted, with staff directing Metro instead to the mayor's office.

Political analyst Tina Beaudry-Mellor of the University of Regina said it's fine for politicians such as Fougere to give their opinions on the referendum, because they are elected. She stressed, though, that the role of administrators must remain purely informational.

"Telling them to actually vote no is taking a political position," Beaudry-Mellor said. "They are no longer just informing the public, but actually advocating."

She noted that to avoid bias she's in favour of the P-3 model, adding the city's messages are counterproductive in "bullying" people instead of educating them.

What do you think? Should the City of Regina be lobbying citizens on the wastewater treatment plant referendum? Visit metronews.ca to take part in Metro's online poll.

ALYSSA MCDONALD/METRO

How do you build a new home?

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NEWS 1

Want to spruce up your home? There are more stores for that

Competition. Bed, Bath & Beyond and Bouclair are set to open at Grasslands

Two high-profile retail brands are preparing to enter Regina's suddenly competitive home outfitting market.

Multinational home decor retailer Bed, Bath & Beyond and Canadian rival Bouclair will open their first stores in Saskatchewan at the city's Grasslands Shopping Centre, the south-end mall announced Wednesday on Twitter.

"It's an exciting day," the mall stated on its Twitter page.

Though the opening dates for the stores have yet to be determined, a representative from Bed, Bath & Beyond told Metro that the company plans to open its Regina location by next spring.

"As we continue to grow and open stores, we are always looking for new locations where we will be able to offer our new customers the broad assortment and outstanding customer service that is Bed, Bath & Beyond," said Leah Drill, a public relations assistant with the company. "Regina is such a location and we are very excited to be coming there."

University of Regina marketing professor Lisa Watson believes the entrance of the popular chains will have a noticeable impact on already established competition and might lead to an over-saturation of a relatively narrow marketplace.

"I am surprised that there's going to be that level of competition within a reasonably small market," she said.

Rather than open in the province's most populated city, Saskatoon, the two home decor chains have opted for the Queen City because of the "unique" opportunity available at Grasslands, Watson said.

"(At Grasslands) there's a lot of retail space available," she said. "So I think that's one of the big opportunities that (retailers) are able to take advantage of, that they might not be able to take advantage of quite as easily in Saskatoon." **MARCO VIGLIOTTI/METRO**

Regina's Grasslands complex remains a draw for big-name retailers, though a potential over-saturation of the home furnishings market is a concern. MARCO VIGLIOTTI/METRO

U of S cut 248 positions amid deficit crisis

An internal memo was sent out on Tuesday giving the total number of employee layoffs to date at U of S. JACOB MORGAN/METRO

Faculty and students at the University of Saskatchewan received a memo this week, notifying the campus that since November, 248 filled and vacant positions had been eliminated.

The document, which was issued by the university's human resources department, stated that the downsizing amounted to $8.5 million in savings, and it is not expected for "any future campus-wide workforce adjustments to be of this magnitude."

However, there are more cuts to come, according to professor Robert Tyler.

Tyler is the co-chair of the Support Service Transformation Task Force, which functions alongside the Academic Program Transformation Task Force to prioritize the importance of certain sectors to the institution.

He said work would continue into the fall as only a fraction of the deficit has been addressed.

"If we did nothing we would have had an operating budget deficit of $44.5 million by the end of 2015-16," said Tyler. "We've closed that gap by about one third — by about $15 million already — but we still have to find another $30 million somewhere in the operating budget."

There is much uncertainty among staff members, he added, and the atmosphere is tense.

"A lot of people have lost colleagues they've worked with for many years," he said. "Morale is not good at the moment."

While the school did receive a two per cent increase in funding from the province this year, the figure is less than what they've become accustomed to.

"The current economic reality is that we can't have the sorts of increases over the next few years that we've enjoyed in the past," he said. "Our expenses are on one trajectory and our revenues are on a different trajectory. We have to get those into alignment." **JACOB MORGAN/METRO**

Southeast Saskatchewan

Chief sentenced to 9 months for sex assault of teen

The chief of a small reserve in southeastern Saskatchewan has been sentenced to nine months in jail for sexually assaulting a teenaged girl. **THE CANADIAN PRESS/CJLR**

Labour dispute

New Act will drive down wages: Firefighters rep

The organization that represents Saskatchewan firefighters is burned up about new provincial employment legislation.

The Saskatchewan Professional Fire Fighters Association says the Employment Act passed in the spring will drive down the wages of some of its members.

Association president Kirby Benning says Bill 85 takes away the possibility of binding arbitration for firefighters in cities with a population less than 20,000.

Under previous legislation the rule applied to communities with less than 10,000 people. **THE CANADIAN PRESS/CJWW**

PotashCorp damage control

Russian rival's exit from potash cartel not big threat: CEO

The CEO of PotashCorp says he doesn't see a Russian rival's exit from a European potash cartel as a big threat.

Bill Doyle says spats like the one between Uralkali and Belarusian Potash Company last week have happened before — though perhaps not as publicly.

He says logic dictates that the two will mend fences sooner rather than later.

Doyle also says no one company determines the price of potash, so he doesn't give much credence to concerns Uralkali's move could cause prices of the crop nutrient to drop 25 per cent. **THE CANADIAN PRESS**

Autopsy report. N.B. brothers killed by python died of asphyxiation

The two boys killed by an African rock python in Campbellton, N.B., died from asphyxiation, say preliminary results of autopsies released by the RCMP.

The Mounties said a pathologist came to that conclusion after completing the autopsies on four-year-old Noah Barthe and his six-year-old brother, Connor.

"While we now have some preliminary information, investigators still have to wait for other test results to come back and for the final report," Sgt. Alain Tremblay said in a statement on Wednesday.

"We recognize that this has touched the hearts of people across the world and that people want to know how this could have happened. Our investigators are looking at all aspects of this tragic incident, and that will take some time."

Noah and Connor Barthe
FACEBOOK/THE CANADIAN PRESS

Tremblay said the necropsy on the snake shows that it was in overall good health but they are still waiting for a final report. THE CANADIAN PRESS

Sochi Olympics. IOC, Russia feeling pressure over anti-LGBT law

With the Sochi Olympics just six months away, U.S. President Barack Obama and Stephen Fry have increased attention on Russia over its new anti-gay law.

The law, which was signed by President Vladimir Putin in June, bans "propaganda of nontraditional sexual relations."

Obama cancelled a September meeting in the city with Putin in a rebuke over Russia's harbouring of NSA leaker Edward Snowden, having also said in an interview hours earlier that he had "no patience" with countries that discriminate against gay people.

Fry, the British author and actor, went further in an open letter to British Prime Minister David Cameron and IOC president Jacques Rogge, comparing Putin's "barbaric, fascist law" to persecution of Jewish people in Nazi Germany, and calling for "an absolute ban" of the Games. THE ASSOCIATED PRESS

Quoted

"Putin cannot be seen to have the approval of the civilized world."

Author and actor Stephen Fry, in an open letter to U.K. Prime Minister David Cameron and IOC President Jacques Rogge.

MM&A Railway files for Chapter 11

Lac-Mégantic disaster. Company chairman says bankruptcy protection filings in Canada, U.S. a 'direct result of the tragic derailment'

The Montreal, Maine & Atlantic Railway, whose train caused the deadly crash in Lac-Mégantic, Que., has filed for bankruptcy protection. RYAN REMIORZ/THE CANADIAN PRESS

The embattled railroad at the centre of the deadly Quebec train derailment has filed for bankruptcy protection in Canada and the U.S. amid a flurry of lawsuits and growing cleanup costs the company estimates will surpass $200 million.

The Montreal, Maine & Atlantic Railway initiated proceedings Wednesday for Chapter 11 bankruptcy protection in a U.S. court, while its sister firm in Canada presented a petition in Quebec Superior Court seeking relief from its creditors under the Companies' Creditors Arrangement Act.

"It has become apparent that the obligations of both companies now exceed the value of their assets, including prospective insurance recoveries, as a direct result of the tragic derailment at Lac-Mégantic," Ed Burkhardt, chairman of both companies, said in a statement.

"A process under Chapter 11 and the CCAA is the best way to ensure fairness of treatment to all in these tragic circumstances."

Documents filed in U.S. court say MMA has between $50 million and $100 million in estimated assets and between $1 million and $10 million in estimated liabilities. The bankruptcy-court filing was posted on the website of Maine's Bangor Daily News.

In Canada, court documents filed under the CCAA by Montreal, Maine & Atlantic Canada Co. state it has just under $18 million in assets. The CCAA allows companies protection while they work out ways of avoiding bankruptcy.

Robert Grindrod, president of the Maine-based railway, appeared for the filing in the Montreal courtroom, where several lawyers representing a number of interests were also present. He declined to comment on the matter when approached by a reporter.

One lawyer present in the courtroom for the CCAA filing said the judge is expected to make a decision on Thursday morning whether to grant the railway's request for creditor protection.

Attorney Jeff Orenstein is a member of a legal team that presented a motion last month to file a class-action lawsuit, on behalf of two Lac-Mégantic residents, against MMA, Burkhardt, Grindrod, train operator Tom Harding and other people and companies allegedly linked to the crash.

Orenstein said that either way he will continue his legal fight for his clients.

"We are exploring every avenue to make sure the people of Lac-Mégantic do recover for their damages," he told reporters.

"We'll continue pushing ahead to get everyone the compensation they deserve," he said.

THE CANADIAN PRESS

Quoted

"We are joined in sorrow, a sorrow that will remain a part of me for the rest of my life."

Ed Burkhardt, chairman of the Montreal, Maine & Atlantic Railway

Apps don't help babies learn, group contends

Washington. Advocates ask U.S. regulators to examine claims made about educational value of mobile games for very young children

Smartphones don't make smart babies, an advocacy group declared Wednesday in a complaint to the U.S. government about mobile apps that claim to help babies learn.

The Campaign for a Commercial-Free Childhood, whose allegations against Baby Einstein videos eventually led to nationwide consumer refunds, is urging federal regulators to examine the marketing practices of Fisher-Price's Laugh & Learn mobile apps and Open Solutions' games, such as Baby Hear and Read and Baby First Puzzle.

The Boston-based group says developers are trying to dupe parents into thinking apps are more educational than entertaining.

It's the campaign's first complaint to the Federal Trade Commission against the mobile app industry as part of its broader push to hold businesses accountable for marketing claims about their technology to very young children and their parents.

"Everything we know about brain research and child development points away from using screens to educate babies," said Susan Linn, the group's director. "The research shows that machines and screen media are a really ineffective way of teaching a baby language. What babies need for healthy brain development is active play, hands-on creative play and face-to-face (interaction)."

The American Academy of Pediatrics discourages any electronic "screen time" for infants and toddlers under two, while older children should be limited to one to two hours a day. It cites one study that found infant videos can delay language development, and warns that no studies have documented a benefit of early viewing.

In a statement provided to The Associated Press, Open Solutions said it agrees that electronics are not a substitute for human interaction. But it noted the many positive reviews its apps have received by customers. "We also don't say 'get this game and let it teach your child everything,'" wrote the company, based in Bratislava, Slovakia.

Fisher-Price of East Aurora, N.Y., which The Associated Press contacted by phone and email, did not respond to questions.

THE ASSOCIATED PRESS

Quoted

"Everything we know about brain research and child development points away from using screens to educate babies."

Susan Linn, director of Campaign for a Commercial-Free Childhood

Hong Kong haul points to surge in poaching

Hong Kong customs officials have seized a shipment of 1,120 ivory tusks, 13 rhino horns and five leopard skins worth about $5.5 million, according to Vincent Wong, customs' head of ports and maritime command. They were found in a container full of wood that originated in Nigeria, he said. Wildlife activists say China's growing presence in Africa is to blame for an unprecedented surge in poaching of elephants for their tusks, most of which are believed to be smuggled into China and Thailand to make ivory ornaments. Ivory can fetch up to $2,000 per kilogram on the black market and more than $50,000 for an entire tusk. No one has been arrested in the case. LAM YIK FEI/GETTY IMAGES

Free work. MLB should have paid volunteers, suit argues

A lawsuit filed in New York says Major League Baseball staffed a profitable 2013 All-Star FanFest last month almost entirely with more than 2,000 unpaid volunteers.

The federal lawsuit was filed Wednesday in Manhattan. It seeks unpaid wages and an order to stop the league from soliciting and accepting work from unpaid volunteers.

The lawsuit says recruiting volunteers violates federal and state minimum wage laws. Lawyers brought the lawsuit on behalf of a Queens man who volunteered for five days at the event.

A young fan poses with gear he got at MLB's All-Star FanFest.

THE ASSOCIATED PRESS FILE

THE ASSOCIATED PRESS

Insurance. Your car could spy on your driving habits

Cars are already connected with automated parallel parking and Internet-based entertainment, and now technology can track driving habits like hard braking that could affect a driver's insurance rates.

Known as usage-based insurance, a small wireless device is installed into a vehicle's diagnostic port and measures distance travelled annually, frequency of hard braking and acceleration, as well as time of day the vehicle is driven to determine savings on insurance.

Already in use in the United States, United Kingdom and some parts of Europe, usage-based insurance was recently launched in Ontario and Quebec on a voluntary basis by Desjardins Insurance and its subsidiary, The Personal Insurance Company.

"We cannot use the data to cancel, not renew or increase the premiums, or use it for a claim," said Denis Cote, vice-president of marketing at Desjardins. "It's written in black and white on the conditions. The information is only accessible to the customer," he said. THE CANADIAN PRESS

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Air travel

Saudi airline starts direct flights to T.O.

Canadians heading for pilgrimage in Saudi Arabia will soon be able to fly directly to the kingdom, with the country's national airline Saudia starting service to Toronto this fall. The direct flights will be of special interest to thousands of Canadians who travel to the kingdom each year for hajj and umrah pilgrimages. THE CANADIAN PRESS

Personal finance

Few Canadians have emergency funds, poll finds

Fewer than 20 per cent of Canadians appear financially prepared to deal with an emergency, according to a poll done for the Bank of Montreal.

In its annual Rainy Day survey, 17 per cent of respondents say they have less than $1,000 in savings to draw upon in the event of an emergency. Another 20 per cent have up to $5,000. THE CANADIAN PRESS

Television

CRTC to rule on designation for Sun News Network

Sun News Network finds out Thursday if it will get a coveted guaranteed spot on the television dial. The Quebecor-owned network is seeking mandatory carriage from the Canadian Radio-television and Telecommunications Commission, meaning cable and satellite providers would have to include the channel as part of basic TV packages. THE CANADIAN

Market Minute

DOLLAR 95.94¢ (-0.44¢)

TSX 12,412.73 (-56.59)

OIL $104.37 US (-93¢)

GOLD $1,285.30 US (+$2.80)

Natural gas: $3.24 US (-8¢)
Dow Jones: 15,470.67 (-48.07)

SLEEPING ON THE KEYBOARD

HE SAYS

John Mazerolle
metronews.ca

One of the most important things to know about working the night shift is that it sometiah;a; ajioa mpffff ghamha zjzzehzwez zzzzzzzzzzzzzzzzzzzz.

Oops, sorry about that. Fell asleep with my nose on the 'z' key.

This may come as a surprise to readers who assume this column pays for my luxurious lifestyle of never cooking my own meals, but to make ends meet I work several freelance writing jobs including the occasional night rotation at a news organization.

I'm in the midst of a three-week stretch working overnight, partially because I seem to be the only person who can tolerate the shift.

But working overnight has many perks, I believe.

I get exercise through a vigorous regime of repeatedly falling half-asleep and jerking awake. I earn friendships at work from co-workers who are glad they're not me. And there's a special thrill knowing I could bring down the company with a few unsupervised "mistakes."

So if you find yourself in similar work circumstances, don't despair. There are a number of tips I follow to make nights more tolerable, and by sharing them I hope to keep you in the dark, too.

Working on your night moves: a guide to the late shift

- Make your eight-hour shift more manageable by breaking it into eight one-hour naps.
- Remember that with your bosses absent, you are empowered to make yourself Supreme Ruler and Grand Protector of the Realm of Worklandia, and that a mop and bucket make a nifty sword and helm.
- You can learn a lot about human nature on the night shift. Check the Facebook chat box at 3 a.m. to see which of your friends are most haunted by their empty lives.
- Listen to Losing My Religion on repeat to promote R.E.M. sleep.
- During the day, occasionally throw your window open to the bustling street below and yell, "Some of us are tryyyying to sleep!"
- The night shift can be a much-needed escape from a stressful home life. So if your family life is good, change that.
- Your body will listen to the sleep signals you give it, so adjust your circadian rhythms by staying awake for 96 hours straight.
- Make your body think it's the height of day with a Seasonal Affective Disorder Lamp, some loud music, a two-four of Molson Canadian, and 10 of your closest friends.
- If co-workers arriving in the morning criticize the work you did while they were asleep in their soft beds, injuring them is completely acceptable, and in fact recommended.
- Use heavy curtains during the day so that you can live with the illusion you live in total darkness, which will make it easier to just give up.

And those are my tips. I hope you found them enlightening.

If my advice doesn't work and you still feel like the walking dead, console yourself with the knowledge that one way to deal with the zombie apocalypse is to become a zombie. Eeeeeeeeeeeeeee. Sorry. Nose on the 'e' key.

ZOOM

It's a goat thing they feed us for this

WIN MCNAMEE/GETTY IMAGES

Landscapers are worth chewing over

Eco-Goats begin the process of clearing land adjacent to the historic Congressional Cemetery on Wednesday in Washington, D.C.

Dozens of goats will be used to clear a two-acre plot covered with vines, poison ivy and ground cover adjacent to the cemetery where former FBI director J. Edgar Hoover, photographer Mathew Brady and former vice-president Elbridge Gerry are buried.

Goats are being deployed for the task to prevent toxic weed-killing chemicals from being used so close to the nearby Anacostia River.

THE ASSOCIATED PRESS

Their contract

6 days

The goats that have been "hired" for the landscaping gig will work 24-hour shifts for six days. The Washington Post noted that Congress is currently not in session, but that the goats may "be more productive than Congress" has been. The cemetery is open from dawn to dusk but cars aren't welcome.

Their employer

- The business, called Eco-Goats, is based in Maryland. Owner Brian Knox says he got into the business by mistake, as a friend was trying to get rid of some goats. He soon realized how sustainable the method was.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

ISTOCK

Look out, Spanish and Mandarin, there's a new language in town. Computer code is no longer the domain of the suspender-wearing, glasses-sporting computer-science geeks — coding is now cool. From programs like Code for Kids to Ladies Learning Code, computer language has gone mainstream. Getting down with code can put a strain on your wallet — but it doesn't have to with these free online courses.

Codecademy
Learn JavaScript, Ruby, Python, etc., online, for free, at your own pace.

Treehouse
Using online videos, you can learn code, web design, etc., then practise what you've learned with quizzes.

Udacity
Stanford University offers free online courses on just about anything, including HTML, JavaScript and others.

Comments

RE: WpgParkingFail Shames Winnipeg's Poor Parkers, published online Aug. 5

Kudos to the crew that saw this nugget of news from concept to execution. Mysterious creator who shall remain anonymous? You're writing a story about a blog, not taking down Nixon with Watergate. Guy's name is Paul Overwater. There. Hooray for domain registration info being public. And yup, Facebook confirms. Get some standards, Metro. This is basic stuff and you know it.
Richard Curly posted to metronews.ca

Twitter

@metropicks asked: WPGParkingFail.com shames 'Peggers for their parking skills, or lack thereof. What driver/cyclist/pedestrian offence do you think needs shaming?

@gaylebg: all the problems and this is the best you can come up with. Raspberries

@MartinvandenH: Is RmdParkingFail.com far behind?

Follow @metropicks and take part in our daily poll.

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SCENE 2

Keiffer's band is a Curiosity

Cutting his teeth. Young musician has been touring the province this summer in support of his forthcoming album

BACKSTAGE PASS
Alyssa McDonald
alyssa.mcdonald@metronews.ca

Keiffer and the Curiosity Club has just been performing for roughly one year and already have a slot at this weekend's Regina Folk Festival.
GREG HUSZAR/CONTRIBUTED

The only constant variable in the band Keiffer and the Curiosity Club is the young singer, songwriter himself, Keiffer Mclean.

Everything else — including the alternative-folk sound to the array of backup instruments — changes from show to show.

"There is always new members and different additions to the group as we go," said Keiffer Mclean, the 19-year-old front man. "It's ever-changing … whoever is in our path of musicality. Pretty much, I am the only core member."

Within the past year, Mclean has played along with a stand-up bassist, a clarinet player from New Orleans and a trumpet player — which can be heard on Mclean's newly-released single Headful of Diamonds.

Mclean has been spending the summer promoting the single, which will be on his forthcoming debut album — Drama in the Attic — set to be released by the fall, by visiting festivals around the province and playing on stage as much as possible.

"It's our first year performing and we got to experience them all in a row," said Mclean.

"We played the single at all the festivals — trying to get it out there."

Mclean has already played Ness Creek Music Festival in Prince Albert National Park and the Gateway Music Festival in Bengough, Sask., and is now set to play Regina Folk Festival this weekend.

He will play a 15-minute main stage teaser between Hayden and Man Man before Feist takes the stage on Friday night, as well as participate in workshops and take on one of the small stages for a full hour on Sunday afternoon.

"This festival will be unique because it will be our first city festival and it will be in Victoria Park … we are really excited, especially at the lineup," said Mclean.

"They have us playing like four times, so we will get to meet a lot of people."

Other than bringing more attention to the music, Mclean says a big part of playing at festivals is the opportunity to meet and network with other bands — especially for a new artist like him who has only been playing for the past year.

"Not only do you get to meet these artists and jam with them and stuff, but find out who they are as people as well," said Mclean, whose core music experience has been through choir, piano and jamming with his parents' Middle Eastern belly dance band.

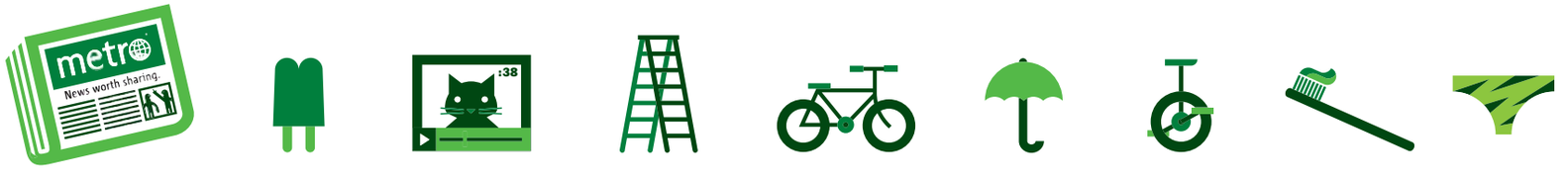
Regina Folk Festival artistic director Sandra Butel says it's important to help develop young talent and give emerging artists a chance to take a professionally-managed stage as well as play with other musicians from out-of-town in the workshops.

"The hardest place for local artists to succeed is in their own town," said Butel, "so being able to give them that support is very important to us."

Fest after fest

"It's our first year performing and we get to experience them all in a row."
Keiffer Mclean
On playing festivals around the province

Sharability



easy hard

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Dustin Hoffman

Hoffman out of woods for now after cancer scare

Dustin Hoffman recently underwent treatment for cancer that doctors were able to find early enough to "surgically cure" him, his reps tell People magazine. "Dustin is feeling great and is in good health," his rep says, though she did not specify what type of cancer Hoffman had developed. The actor will continue preventative treatment to reduce the risk of the cancer returning.

The Word

Turns out Lindsay Khan really get on your nerves

Lindsay Lohan may be looking responsible and mature post-rehab, but while serving her 90-day stint at Cliffside Malibu she reportedly got under the skin of fellow patient Chaka Khan, according to Radar Online. "Lindsay just pushed all of her buttons to the point where she was aggravated and tired of Lindsay's s—," a source who was receiving treatment at the same time says. "Lindsay was just doing stupid stuff for attention, so Chaka told her she was childish and told her to grow up. Chaka was so annoyed with Lindsay. It got so bad that she refused to get in the same car with her or go to the same meetings. So Cliffside had to change everything up schedule-wise so the two were never together." Not only that, but the soul singer even checked out of rehab early just to avoid Lohan: "Chaka told me she was leaving early because she couldn't stand Lindsay," the source says

Twitter

@markduplass
We don't need more scripts where the lead character gets fired & gets dumped in the 1st 5 minutes to justify their ensuing zany antics.

@pattonoswalt
Call your parents and apologize. Just, on general principles. For everything.

Wahlberg advises 'naughty' Bieber to pull up his pants, clean up his act

Mark Wahlberg ALL IMAGES GETTY

Movie star and former rapper Mark Wahlberg is no stranger to being a shirtless pop star with sagging pants, so he speaks with some authority when he gives advice to Justin Bieber — which is exactly what he did during a an interview recently. "Justin, are you listening? Don't be so naughty, yeah?" Wahlberg said in a faux-British accent. "Be a nice boy, pull your trousers up, make your mum proud, yeah? Stop smoking all that weed, you little bastard."

RBC Royal Bank

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Watch where you're going

It's about time. The world's about to mix style with smart

RICHARD PECKETT
Metro World News

The Dick Tracy-style voice command watches are here. Yes, it'll be okay to chat to your wrist in public, but hey, thanks to Bluetooth phones we can already hear street soliloquies, so it shouldn't be a big deal. The question is: are today's smartwatches techy enough for the mass market?

"Only 100 million smartwatches will be shipped by 2017, in comparison to 1.6 billion smartphones and 280 million tablets," predicts senior analyst Joshua Flood at market intelligence company ABI Research. However, current smartwatches are likely to have an appeal with so-called "iPhone fanatics," thanks to their email, text, social media (Facebook and Twitter) and phone message alerts.

In fact, the iPhone generation has provided a fashionable market opportunity for Sweden-based Mutewatch, a "retro and futuristic" timer as described by CEO Mai-Li Hammargren. To look at, it's incredibly '80s, with a touch of Knight Rider-style but the technology is suitably Noughties: it has no buttons, is activated with the flick of a wrist or a touch of the screen, and charged via USB (battery life three to four days).

Smartwatches are part of a growing wearable technology trend, with head-mounted device Google Glass slated to hit stores in the U.S. at the end of this year and Europe in early 2014. However, whereas Mutewatch is something of a silent revolution that in Hammargren's words "handles digital lifestyle," companies such as i'm Watch, Martian and Pebble are hoping to get wearers wired up to social media, such as Twitter and Facebook, for a more immersive experience.

But why are technology giants entering into an always-risky new market? Flood explains, "A smartwatch that can sync with your smartphone is a great way for brands like Apple and Samsung to build on their foundation of tablets and phones." He adds: "It's an ideal device from the component side too because they already have the necessary partners and contracts in place to produce a smartwatch — it's simple in terms of ecosystem and software."

What's on the market?

The classic watchmakers

Casio G-Shock GB-6900AA links to iPhone 4s and 5. The device notifies the wearer of calls and emails and has a "phone finder" function.
$180, casio.com

The classic watchmakers

Citizen Eco-Drive Proximity AT7030-05E syncs with an iPhone 4S or 5. The watch vibrates with calls, emails and events on download of a free proximity app.
$495, citizenwatch.com

Technology drivers

Martian G2G offers iOS and Android compatibility. The timepiece has inbuilt voice command via Siri or Google Voice for smartphones and includes social media updates and posting. $249, martianwatches.com

The technology drivers

I'm Watch can receive calls, emails and even manage events and appointments, with the added bonus of enabling the user to download and listen to music.
$299, imsmart.com

News. Apple eyes the style experts

The ties between fashion and technology are drawing tighter as Apple appoints YSL Group's former chief executive Paul Deneve. "He'll (Deneve) be working on special projects as a vice-president reporting directly to (CEO) Tim Cook," announced Apple.

Deneve is the latest recruit from the fashion world to join the Californian-based company, with J.Crew's CEO and chairman Mickey Drexler on Apple's board, while Cook is a director at Nike Inc. RICHARD PECKETT

One-minute miracle

Moroccanoil Body Buff, $42, moroccanoil.com

"This scrub exfoliates, hydrates and conditions thanks to a mixture of orange peel, almond, safflower, sesame, avocado and grape seed oils and vitamin E—and of course the signature Moroccanoil ingredient, argan oil."
Ashley Kowalewski, The Kit.ca

FOR MORE FASHION AND BEAUTY NEWS YOU CAN USE, CATCH UP WITH THE KIT AT THEKIT.CA

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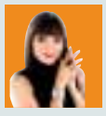

JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Savouring the beauty of a #NovaScotia beach. Sublime weather!!!

What a way to move around! Running errands in Chester... in style. Thanks to my pal Tim Moore...)

The Kit

Canadian street style

Spotted in: Toronto

Emma

Marketing Director

Age: 27

What she's wearing

Ripe floral dress from Winners, Steve Madden sandals, Anon sunglasses, vintage necklace.

Her inspiration

"I get inspiration from other people's style, street style!

And from my friends. I also check out fashion blogs like High Snobiety and Bloomberg Weekly."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!

Add fashion to your floors

With fall only a few weeks away it's time to think about warming up your feet — while adding style to your rooms, of course. Let's take a walk through the house and see what rug style the e-tailers are offering up this fall.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Bedroom

No need for a large rug to go under the bed; measure the remaining floor space after the bed is in place, then choose a rug size to cover the remaining floor. Add some old world charm to your hardwood with a farmhouse style poly/cotton braided rag rug.

Pandoro Dusty Shale Oval, five by eight inches, $230, homesav.com

Living room

If you have solid-coloured, plain-patterned living room furnishings then choose a rug that has pattern. Remember that the front feet of all furnishings must be sitting on the rug; if they are not then the rug is too small for the space. Large-scale gingham pattern uses all the trendy colours.

Stockholm Checkered Reversible Wool Rug eight by 11.5 inches, ikea.ca

Dining room

Since the table and chairs will sit in the centre of the rug; keep the edges lively with colour rather than the centre. Rule of thumb is that border-designed rugs work better in dining rooms. Surround the table and chairs with an artful border that is reminiscent of an Art Nouveu landscape painting.

Mohawk's Stain-resistant nylon Strata Valence eight by 10 inches, $300, homedepot.ca

Kitchen

Standing and cooking for long periods of time is made bearable with a rug filled with non-toxic gel.

Wicker textured Oyster Grey Gel filled mat, 20 by 48 inches, $160, gelpro.com

Foyer

Keep the look of a foyer rug "busy" or worn to help hide high-traffic wear, and use colour as a decor statement to compliment what you have throughout the house. Vintage over-dyed rugs are saturated with colour for old-world style with a contemporary vibe.

Three-by-nine Colour Transitions Vintage Wool Sumak Rug, $380, ecarpetgallery.com

Bathroom

I like themed bath mats; that way I don't confuse them for a towel! This cozy cotton lamb lies patiently for your wet feet.

Small Sheep Bath Mat, two by three inches, $20, simons.ca

Kids

Durable enough to play on yet comfortable enough for nap time on the floor. Could be fun in the foyer too. Cement-coloured fun mimics chalk on the road.

Hopscotch Rug, four by six inches Wool, $230, cb2.com

Outdoors

Wake up the great outdoors with crisp blue and white underfoot. Also great to use in play and sunrooms indoors.

Fab Habitat Athens Outdoor Rug, six by nine inches, $215, amazon.ca

Lane Way Homes in Harbour Landing *Prices Starting at* $354,044

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5318 Whereatt Road
$387,168

The Lyra

1318 sq. ft.
5314 Whereatt Road
$367,568

The Orion

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5322 Whereatt Road
$386,377

The Pavo

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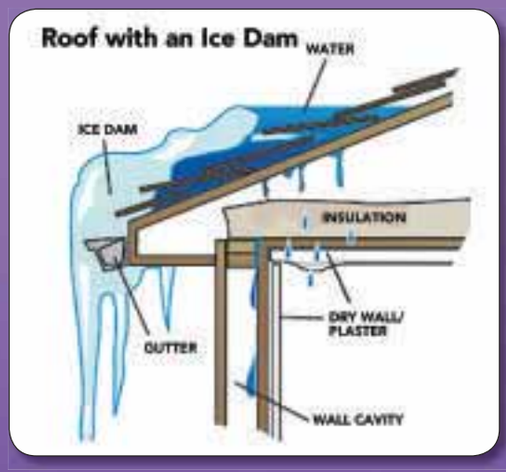

An ice dam can occur when snow accumulates on the roof of a house with inadequate insulation. Heat conducted through the insufficient insulation warms the roof and melts the snow on those areas of the roof that are above living spaces, but does not melt the snow on roof overhangs. Eventually, ice accumulates along the eave and in the gutter. Snow that melts later cannot drain properly through the ice on the eave and in the gutter, resulting in leaks which lead to damaged ceilings, walls, roof structures and insulation. Right now the Government is offering grants to homeowners who want to protect their homes by reinforcing their existing attic insulation. There is no better time to protect your home.

- New & Existing Residential Homes
- Fiberglass Batting & Polyvapour Barrier
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- Energy Efficient
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Do you constantly think your morning shower could be more vibrant? This DIY idea is for you. ISTOCK IMAGES

Rubber ducky, you're the one, now let's make showering fun

DIY ideas. Add a splash of colour and a touch of texture by installing a mosaic tile shower wall in your bathroom

Mosaic tiles offer endless possibilities for a variety of colour and pattern combinations, and can drastically transform a drab area into a more vibrant space.

Step 1: Prepare walls for tiling
Before you begin tiling, first strip off any flexible coverings such as wallpaper, scrape away loose paint, knock the sheen off glossy finishes with a light sander, and patch any holes or cracks in the drywall using spackling compound.

Make sure the installation surface is clean, dry and structurally sound. Then use two by fours and a backer board to frame the wall and prepare it for tiling.

Step 2: Set tiles
Each sheet of tile will be numbered and there will be a pattern specifying where to lay each one.

First, seal the walls using a V-notched trowel to spread thin-set adhesive on the wall surface.

Press the tiles down firmly to set and continue this process following the order of each numbered sheet.

Step 3: Remove plastic covering
Peel and stick tiles are the most popular and cost-effective product.

The plastic covering can be removed by simply peeling off the top of the tile once it's set in place.

Step 4: Apply grout
Applying grout is a vital part of the bathroom tiling process and should not be overlooked. Once the tile is dry, apply a non-sanded grout over the entire wall in upward motions. Make sure to work the grout into the grout lines between the tiles.

Wipe off the excess with a wet sponge and then allow 24 hours to dry. Once dry, seal the grout using a brush to apply a high quality tile sealant to the grout lines. Allow the sealant to dry completely, then apply one to two more coats. This will keep water from penetrating the grout and tiles, which could cause them to break loose. This will also prevent any mold or mildew from developing.

I HATE MY BATH OFFERS MORE TIPS ON HOW TO GIVE YOUR BATHROOM A BOOST, THURSDAYS AT 10:30 P.M. ET/PT ON DIY NETWORK CANADA

THINK NEIGHBOURHOOD FIRST

WHEN PURCHASING THAT NEXT ITEM ON YOUR LIST

CONTRIBUTED

No two neighbourhoods in Canada are exactly alike. The identities and qualities that draw us to a neighbourhood are based on its residents, its common spaces and, more often than not, the small businesses with which they populate.

There are more than one million small businesses across the country and their role in shaping the identities and atmospheres of our communities is a crucial one. Their prosperity has implications on employment creation, on dollars kept close to home, on support for local causes or initiatives, and on a neighbourhood's ability to continue to attract commercial and residential investment.

Technology has changed how we as shoppers locate information and has consequently increased competition levels for small businesses. From a consumer standpoint, it has made the world a smaller place, with a purchase as easily made across an ocean as across the street.

Yet, often overlooked in favour of pricing and convenience is our individual ability to directly influence the growth of the areas where we live, work and play through our choices in where we spend our hard-earned dollars.

Among the effects of shopping at local businesses:

• Local businesses create jobs: Small businesses are the largest group of employers in Canada. The more local jobs that are created, the more the neighbourhood grows.

• Better relationships: One of the main attributes of local businesses is their often exceptional customer service. Customer relationships where a business owner knows you by name and knows your likes and dislikes still exist in local enterprises, making your shopping experience a memorable one.

• Decision-making power stays local: Local ownership means that business operation and activities that may affect the community are made locally.

• Local businesses keep dollars close to home: Dollars spent within the neighbourhood directly benefit the local economy and tend to be reinvested within the community in the form of local employment or the contracting of locally-based supplies and services.

As residents and consumers, we all play a role in the survival of Canada's small businesses. A single purchase at a local retailer or service provider helps preserve the aspects of our neighbourhoods, which make them unique. A simple sale that might be a drop in the bucket for a large retailer can often help a small business stay open and continue to grow.

So when buying that next item on your list, put your neighbourhood first.

– François Ramsay, senior vice-president with Yellow Pages Group

A PERFECT FIT FOR YOUR DISPOSAL NEEDS

ISTOCKPHOTO/THINKSTOCK

For Karen Wellings Allan and her father, Dave Wellings, business and family are a perfect fit.

Before starting PV Disposal together, they had developed a strong and supportive working relationship in the construction and trucking industries. In 2009, when Wellings Allan was ready to come back from maternity leave after her second child, her father owned one disposal truck and 11 bins.

"I thought I could start the business from home, part time, and let it grow as my kids grew," she says.

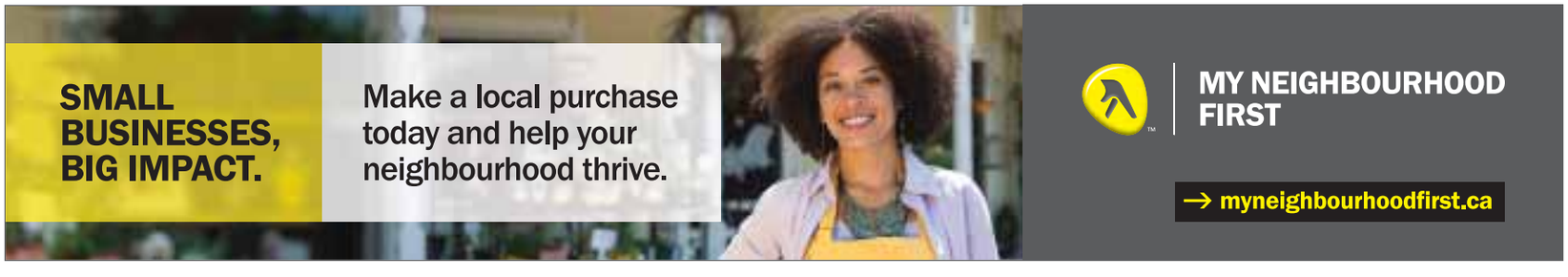
Four years later, they own four trucks and 85 bins. PV Disposal provides versatile solutions for local businesses by renting disposal bins and 20- to 48-foot sea-can containers. The company also provides scrap metal recycling, and has expanded its rental services into such areas as Porta Potties and skid-mounted office shacks.

As well, PV Disposal rents bins to homeowners for everything from spring cleaning to renovations.

Recently they purchased 20 acres near the city to compost leaf and yard waste. This fall, they will expand PV Disposal to compost kitchen waste as well.

"It's important for the environment and important for our community, and it's a need that hasn't been addressed here yet," Wellings Allan says.

Make a local purchase today and support local business owners like Karen Wellings Allan.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Make a local purchase today and help your neighbourhood thrive.
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Making funeral arrangements is never easy. It can be very stressful and also expensive. Alternatives Funeral & Cremation Services help remove the anxiety and high cost.

Alternatives Funeral & Cremation Services is a Canadian network of independently-owned partner locations throughout Western Canada and now proudly serving families in Regina and southern Saskatchewan.

Kevin Almassy and Brent Metz, co-owners, provide a pressure-free approach to funeral planning. When they speak to or meet with families, they provide clear, concise, and complete pricing on all services and products with no hidden fees. And there are no commission sales.

At such a vulnerable and emotional time, Alternatives promise that you will never feel pressured to purchase anything you do not need or want. Ultimately, Alternatives help families find comfort and exceptional value.

Alternatives comes to you to make the final arrangements. You might opt for the comfort of your own home, or anywhere that allows you to be secure and in control. Arrangements are tailor-made to best suit your needs. Every family is unique and different.

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With more than 40 years of proudly serving families in Regina, Alternatives licensed funeral directors provide all of the options for funeral services and products.

Alternatives offers a complete range of services, from the traditional funeral or memorial service to cremation with no service. Alternatives also provides a complete range of pre-planning and pre-payment options.

Families are encouraged to educate themselves and do their homework before choosing their funeral service provider. Alternatives new and informative website will provide information, photos, and pricing of all of the products and services that they offer.

As well, valuable information is provided on settling an estate, planning ahead, cremation and "green" options, grief and healing, online obituaries, news and events, and much more.

The value of choosing Alternatives Funeral & Cremation Services lies beyond the significant cost savings it provides. Their guidance and your decisions means that Alternatives collaborates with the family to create a valuable and meaningful experience that will exceed your expectations.

Visit MyAlternatives.ca or call 306-757-2327 or 1-888-760-2002.

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SMALL BUSINESSES, BIG IMPACT.

There are over 1 million small businesses across Canada who leave a big mark on our lives each and every day.

They sustain our economy, create jobs and help us manage our daily needs. Their presence helps grow and shape the neighbourhoods where we live, work and play.

Your next purchase can make a difference for a small business owner and in turn, for your neighbourhood.

Shop local and put your dollars to work building healthy, thriving neighbourhoods.

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MY NEIGHBOURHOOD FIRST

DESIGN, PRINT, PROMOTE THE WESTAR WAY

Lloyd Halback founded Westar by responding to customer needs.

It all began in 1992 with photocopier repair.

"People started knocking on the door, saying could we make a copy?" Halback says. "Pretty soon we had 13 copiers, and people were lined up out the door."

Westar grew by word of mouth into a Regina landmark. "I was the first person to have self-serve copies for five cents in 1992 when everyone else was charging 25 cents," he says.

Six years ago, someone asked if he could fix an iPhone.

"I said, send one over. I can fix just about anything."

Now Westar employs two technicians specializing in iPhone, iPad, and iPod repair.

The business has evolved into a full-service graphic design and printing centre. With an expert graphic artist and wide-format print, Westar can produce everything from unique wedding invitations to full-size display banners for trade shows. A 42-inch laminator and a state-of-the-art cutter produce signs of any size. Westar supports customer interests in every way, from customized T-shirts to special design and print promotions.

For design, printing, or service needs, just ask Westar.

"We can do it," Halback says.

"With all the equipment we have now, we can do all of it."

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CUSTOMERS COME FIRST AT SEARS OUTLET

AFFORDABLE PRICES

The Sears Outlet store in Regina has offered affordable products, trusted quality, and reliable service to its customers for 60 years.

Over the years, the look of the store and its location has changed, but its vision has always been to create lifelong relationships built on trust, says Charlene Bristow, sales lead.

"Everybody is always looking for good quality at a low price," she says. "We provide a great product at an affordable price, so it's good for families or anyone on a fixed income."

The store was originally known as the Sears Clearance Centre, opened in 1953. It moved to its present location on 7th Avenue and Broad Street in 1981. It's one of 11 outlet stores across Canada from Surrey to Halifax carrying merchandise from the larger Sears department stores.

Today it offers a growing selection of major appliances and furniture on the second floor, and a main floor of fashion items and clothing for the entire family. As well, it also sells a selection of seasonal items that varies throughout the year.

With Regina's recent population increase, Sears Outlet has drawn customers from every neighborhood.

"We provide great customer service," Bristow says.

"Our customers always come first."

SMALL STEPS MAKE BIG DIFFERENCE

Embracing a buy local philosophy doesn't have to be arduous, a pair of Canada's leading advocates say. And while people may feel their efforts won't matter, that's simply not the case.

"They're wrong if they think that," says Don Mills, president of Local Food Plus. "It will make a difference.

"As consumers, we can have some control over our purchasing choices. I think we can have more of an impact than we give ourselves credit for."

It's not an all-or-nothing proposition, says Jessie Radies, founder of Live Local Alberta. Any little bit can help, and possibly lead to more involvement down the road.

"I don't think we need to be militant about the 'local' message," she says. "I encourage people to start small and make small shifts in their behaviour. Start by committing to 10 per cent or 20 per cent of your spending local.

"If you set a goal of 100 per cent, you're just setting yourself up for failure. You have to do what makes sense for you. I've had people say to me, 'I'm a mother with three kids, I'm shopping at Walmart.' And I'll say to them, 'If I was in your position, I'd be right behind you in line.'"

ISTOCKPHOTO/THINKSTOCK

Financial challenges come into play, but so, too, do habit. There is nothing wrong with making small adjustments, Radies says.

"You can still go to Starbucks every day, but maybe one day a week, try to stop at a local coffee shop. I don't think we need to be militant about the local message. From there you slowly make more changes and we find that people start to make decisions based on more than just price."

Asking questions about where your products come from can also start the change, Mills says.

"Like where our $3 T-shirts are made, we need to understand the environmental and social costs of cheap produce," he says.

"Understanding and asking questions, even in big chains. Not many people talk to the produce manager and say, 'Where is this from?'

"Backing away from highly processed and looking at raw ingredients will bring us back nicely. Those are areas we can start to make a difference. It's a lifelong journey of food. We can start by making small steps."

– Jason Menard

TREATING CUSTOMERS THE RIGHT WAY

BAZAAR & NOVELTY

Bazaar & Novelty opened its doors in 1977, and customers have been steadily streaming in ever since.

"We treat our customers like we want them to be here," says Jim Pageot, manager and co-owner with his wife Deana. "We've always been that way."

He describes the store as five businesses in one: Corporate promotional wear; ad specialties; trophies; silkscreening; and party items.

"We were the first party store in the city and we're still here."

There is no question about the secret of his success. "It's people. No. 1, I treat my staff well, and some of them have been here for 25 years."

And he still works the floor alongside his staff.

"We definitely try to make customers feel welcome," he says. "It's just one-on-one. It's a hands-on thing."

CONTRIBUTED

Today Bazaar & Novelty focuses on promotional items for businesses and associations, from golf shirts to give-away items, as well as trophies and awards. Pageot and his staff help customers find the right merchandise for their needs from hats and T-shirts to decorations, and the right promotions for their business or events.

"We've seen stores come and go, and we're still here," Pageot says. "So we must be doing something right."

Bazaar & Novelty
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A chipped windshield could develop into a crack at any time – and often when you least expect it. That's why it's important to repair a windshield chip as soon as you spot it.

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WORLD-CLASS GLASS EXPERTS

NOVUS AUTO GLASS REPAIR & REPLACEMENT

Novus Auto Glass Repair & Replacement offers proven expertise and professionalism, says Will Brandt, franchise owner and president for 14 years.

Brandt's repair team holds I-CAR Gold Class certification, the highest recognition in the industry, he says. Novus won "best auto glass technician in Saskatchewan" two years in a row. As well, Brandt has packed tools across the border three times so his team could compete in the Glass Installers Championship in Las Vegas. One team member, Brendan Picard, competed three times in the North American event, Brandt says.

"We constantly train to keep up with the changing technologies and tools of the trade," he says.

Novus is Canadian owned and can be found in 53 countries across the world.

"We may be a franchise, but I always tell the team to emphasize who we really are," Brandt says. "We're from Regina. We're the neighborhood glass shop."

For example, Brandt's team books customers directly for glass repair, rather than using a central booking facility in another province.

"We buy from local stores in the area," he says. "We support all the local car shows, along with events and activities from golf tournaments to cancer research."

Donna, the mobile repair specialist, can drive to customer's homes in the Novus Beetle to handle stone chip repairs on windshields for insurance and non-insurance claims. Brandt's team of nine trains to work on all vehicles including high-end Mercedes and Audis. The team handles glass replacement and repair for every size of vehicle from cars to motorhomes.

Novus also provides glass repair for heavy equipment and trucking companies on-site in its new 2,000-square-foot bay, as well as services local dealerships.

"We give 110 per cent so we're fortunate enough for our clients to keep coming back and recommending us to others," Brandt says.

Brandt also works alongside his team. "I'm a hands-on kind of guy," he says.

Most of the team has worked there for eight years or longer. Brandt emphasizes teamwork and plans to take his team to the world championships and other competitions in future.

"It's great if we win, but it's more for fun and for the team-building atmosphere," Brandt says.

Pop goes the ice – in your mouth

Andrew Chase was one of the most popular guys in his neighbourhood last year while developing recipes for his cookbook, 200 Best Ice Pop Recipes.

Creating the recipes for the book turned out to be a lot of fun, said the food writer and former chef. "It exploded. I realized how much fun it is and how many different things you can do with all the fruit and all the coffee and the tea and the chocolate and the cocktails."

These Fudge Ice Pops, for example, are rich and chocolate-fudgy — and definitely a step up from the commercial treat. But they still retain the youthful spirit of a fun indulgence.

Tomorrow's Paper

Need a fresh way to chill out this summer? We got you covered with easy ideas for delicious do-it-yourself ice cream flurries.

Ingredients

- 550 ml (2 1/4 cups) milk
- 15 ml (1 tbsp) tapioca flour
- 125 ml (1/2 cup) unsweetened cocoa powder
- 60 g (2 oz) semisweet chocolate, chopped
- 175 ml (3/4 cup) sweetened condensed milk
- 3 ml (3/4 tsp) vanilla extract

Tapioca flour is often called tapioca starch. They are identical products.

1. In a saucepan, whisk milk and tapioca flour, then whisk in cocoa. Whisking constantly, bring to boil; reduce heat and simmer, stirring often, for 5 minutes. Remove from heat and whisk in chocolate until melted, incorporated and smooth. Stir in condensed milk and vanilla. Set aside to cool.

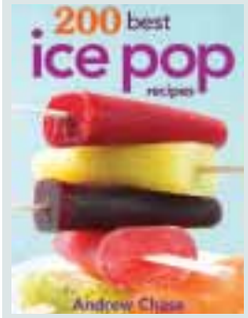
2. Pour into moulds and freeze until slushy, then insert sticks and freeze until solid, at least 4 hours. If you are using an ice pop kit, follow manufacturer's instructions. **RECIPES ON THIS PAGE: 200 BEST ICE POP RECIPES BY ANDREW CHASE (ROBERT ROSE INC., ROBERTROSE.CA, 2013)/ THE CANADIAN PRESS**

Fudge Ice Pops

This recipe makes about 750 ml (3 cups), nine to 12 ice pops. THE CANADIAN PRESS H/O

Cookbook of the Week

Cool it right down



One of the easiest frozen treats you can make at home is an ice pop and Andrew Chase's 200 Best Ice Pop Recipes allows you to expand your repertoire.

All recipes eliminate artificial flavourings and colourings and are actually full of healthy ingredients. But these aren't just your typical ice pops because included are flavours from Mexico, Asia and the Caribbean. Among the ice pops in the book are Citrus Fruit, Asian Ice Pops, Coffee and Tea, Adult Pops (with alcohol) and more. **METRO**

That's amore! Italian meringue makes appearance in treat

This recipe makes about eight to 10 ice pops. THE CANADIAN PRESS H/O

Italian meringue is a cooked meringue with a thick, silky texture. It is often used as a base for European-style sorbets, but here it is used in sweet and smooth ice pops.

You can replace the frozen raspberries with 625 ml (2 1/2 cups) fresh berries. Place in a saucepan over medium heat with 30 ml (2 tbsp) water and 15 ml (1 tbsp) granulated sugar. Cook until berries are soft, 3 to 5 minutes. Set aside to cool.

1. In a large bowl, using electric mixer at high speed, beat egg whites and cream of tartar until stiff but not dry. Set aside.

2. In a small saucepan over high heat, cook sugar and water until it reaches the large-ball (hard-ball) stage: 121 to 124 C (250 to 255 F) on a candy thermometer or when it forms a hard ball when a little is dropped from a spoon into cold water. Beating constantly, pour syrup in a thin stream into reserved egg whites. Beat at low speed until meringue is cool, 2 to 3 minutes. Set aside.

3. Place sieve over a large measuring cup and strain raspberries, pressing down and scraping solids with a rubber spatula to extract as much pulp and juice as possible. Discard solids. Fold in meringue until thoroughly combined.

4. Pour into moulds and freeze until slushy, then insert sticks and freeze until solid, at least 4 hours. If you are using an ice pop kit, follow manufacturer's instructions.

Ingredients

- 2 egg whites
- Pinch cream of tartar
- 150 ml (2/3 cup) granulated sugar
- 50 ml (1/4 cup) water
- 500 ml (2 cups) thawed frozen raspberries

Snack. Margarita Ice Pops

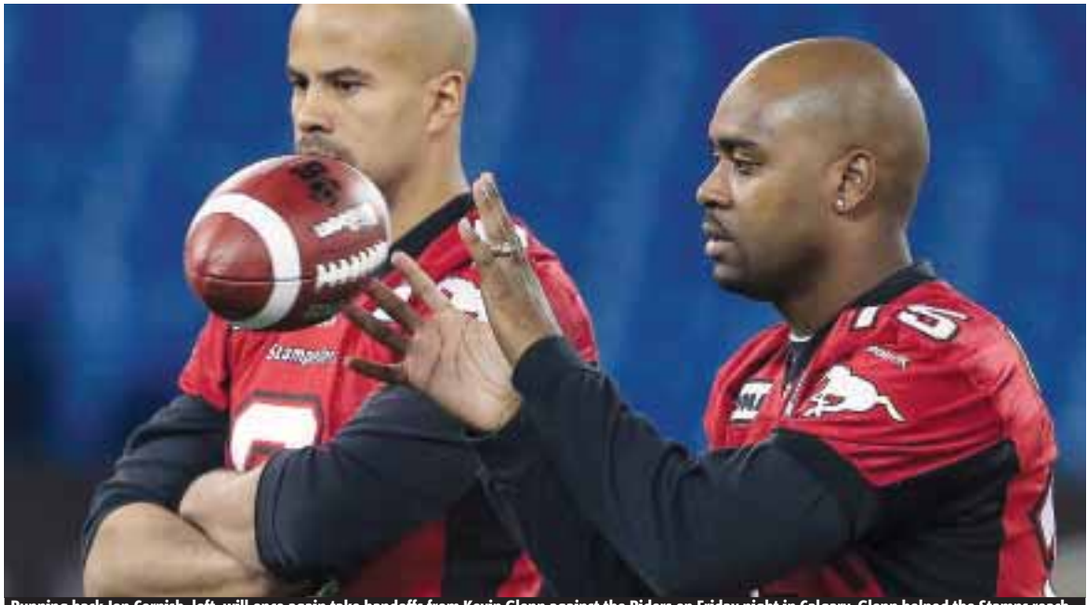
When cocktail hour rolls around, serve frozen Margarita Ice Pops. Always use freshly squeezed lemon juice or lime juice in your ice pops; bottled just doesn't compare.

1. In saucepan, combine water, sugar, lime zest and salt. Bring to a boil, reduce heat and simmer for 2 minutes. Pour into a measuring cup and set aside to cool. Discard lime zest. Stir in lime juice, tequila and liqueur.

2. Pour into moulds and freeze until slushy, then insert sticks and freeze until solid, at least 4 hours or preferably overnight. If you are using an ice pop kit, follow manufacturer's instructions.

Ingredients

- 325 ml (1 1/3 cups) water
- 50 ml (1/4 cup) granulated sugar
- 2 strips (each 1 by 5 cm/1/2 by 2 inches) lime zest
- Pinch salt
- 150 ml (2/3 cup) freshly squeezed lime juice
- 45 ml (3 tbsp) gold or white tequila
- 22 ml (1 1/2 tbsp) orange liqueur (such as Cointreau or Triple Sec)



Running back Jon Cornish, left, will once again take handoffs from Kevin Glenn against the Riders on Friday night in Calgary. Glenn helped the Stamps reach the 2012 Grey Cup after starter Drew Tate was injured in the playoffs. STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

Glenn gets chance to Stamp out 5-0 Riders

CFL. Calgary turns to veteran backup for battle of West's best

The Calgary Stampeders' quarterback carousel has turned again, stopping on Kevin Glenn as starter for Friday's game against the undefeated Saskatchewan Roughriders.

The Stamps (4-1) emerged from their bye week with the expectation Drew Tate had overcome a strained right forearm that sidelined him for two games.

McMahon advantage?

"This is a team that nobody has been able to beat so far and they're coming into our house and we have a very good opportunity to beat them."

Stampeders QB Kevin Glenn, on Friday's matchup with the Roughriders.

But Tate's arm flared up again after practice this week. Glenn will start against the Riders (5-0) with Bo Levi Mitchell his backup in Calgary.

Tate left in the fourth quarter of a 36-21 road loss to Saskatchewan on July 6. He was subsequently diagnosed with a strained forearm muscle and hasn't played since, although his latest setback has been called an elbow injury.

"He'll probably be not throwing for five, six, seven days," Calgary head coach/GM John Hufnagel said Wednesday. "It depends on how it responds to injections."

Tate's string of injuries extends back to the second game of last season when he separated his shoulder. He returned later in the year but broke a bone in his arm in a playoff game.

The 28-year-old Texan hasn't been able to get a sustained run of starts since Hufnagel declared him the starter prior to last season.

Glenn, 34, did admirable work to get Calgary to last season's Grey Cup game. But the emergence of Mitchell this year has further crowded the quarterback situation.

Glenn had four touchdown passes in a 41-38 win and another two in a 17-10 victory against Saskatchewan last season. THE CANADIAN PRESS

CFL

Lions, Ticats lap up weekly awards

Quarterback Travis Lulay, who had three TD passes to lead the B.C. Lions to a 27-20 win over the Winnipeg Blue Bombers, was named the CFL's offensive player of the week Wednesday.

Lulay finished 28-of-39 passing for 268 yards versus the Bombers. His B.C. teammate Solomon Elimimian captured defensive player honours.

Hamilton's Luca Congi picked up special-teams honours with three field goals and three converts in the Ticats' win over Edmonton. Ticat Sam Giguere was outstanding Canadian with six catches for 90 yards. THE CANADIAN PRESS

MLB

Blue Jays fall apart in 5th in Seattle

Humberto Quintero's two-run homer highlighted a six-run fifth inning, and the Seattle Mariners rallied for a 9-7 victory over Toronto on Wednesday to spoil the return of Blue Jays left-hander J.A. Happ.

It was Happ's first start since May 7, when he suffered a skull fracture and sprained knee after being hit by a line drive in Tampa Bay. THE ASSOCIATED PRESS

Toronto pitcher J.A. Happ GETTY IMAGES

Raonic, Pospisil keep Canadian hopes alive

Vernon, B.C.'s Vasek Pospisil topped Radek Stepanek on Wednesday at the Rogers Cup in Montreal. THE CANADIAN PRESS

Canada's Milos Raonic had his big serve booming and Andy Murray and Rafael Nadal made successful returns to the court Wednesday at the men's Rogers Cup in Montreal.

Drawing on home country support, the 11th-seeded Raonic downed Mikhail Youzny 6-4, 6-4 to advance to the third round.

It marks the first time since the French Open that the Thornhill, Ont., product has put together back-to-back wins. Raonic began the year with a 17-6 record, including a tournament win in San Jose, but his win over Youzny left him at 7-7 since May.

Vasek Pospisil of Vernon, B.C., posted a 6-2, 6-4 second-round victory over Radek Stepanek to put two Canadians into the round of 16.

But Frank Dancevic of Niagara Falls, Ont., Vancouver's Filip Peliwo and Ottawa's Jesse Levine all lost their matches.

Murray, in his first action since victory at Wimbledon last month, shook off some rust and battled a swirling wind to down Marcel Granollers 6-4, 7-6 (2) on centre court.

Murray won his 13th straight match, including his victories at London and Wimbledon, where he became the first men's champion from Britain in 77 years.

Two-time Rogers Cup champion Nadal was also back on court for the first time since Wimbledon, where he lost in the first round. The Spaniard, who arrived a week early to work on his hardcourt game, made short work of Levine in a 6-2, 6-0 win. THE CANADIAN PRESS

In Toronto

- Marion Bartoli returned from a hamstring injury that had sidelined her since a Wimbledon win to beat Lauren Davis 6-0, 6-3 Wednesday in the second round of the Rogers Cup.
- Fourth-seeded Li Na of China also advanced with a 6-1, 6-4 victory over Russia's Anastasia Pavlyuchenkova.

Horoscopes

♈ Aries
March 21 - April 20
Astound people with your knowledge. Tell them how the world works. You may have no idea what you're saying but you speak with such conviction that few disbelieve you.

♉ Taurus
April 21 - May 21
You may be tempted to reveal a secret today but think carefully before you do. If you are going to divulge something that might be shocking, make sure you choose the right place and the right moment.

♊ Gemini
May 22 - June 21
Whatever experts may tell you today, your intuition will tell you something different. It is your intuition you must listen to. It may put you at odds with the majority but that's good.

♋ Cancer
June 22 - July 23
Someone needs help but is too embarrassed to ask for it. You know what the problem is and you know how to fix it, so do what you can to improve their situation. They'll love you for it.

♌ Leo
July 24 - Aug. 23
You'll do something out of the ordinary today just to see how others react. Make sure you leave a bit of space between you as they may respond in ways you had not considered, which could be painful.

♍ Virgo
Aug. 24 - Sept. 23
The secret to life is to not take it too seriously. That is the message of the stars for you today. Be ambitious, but don't make material success central to your existence. It's how you love that counts.

♎ Libra
Sept. 24 - Oct. 23
Friends and loved ones are likely to annoy you today, simply because they cannot make up their minds about anything. If you complain, they will find it amusing. After all, it's usually you who is indecisive.

♏ Scorpio
Oct. 24 - Nov. 22
The sooner you start on a project, the sooner it will be finished. So, stop making excuses and get on with it. Even if you take only one step forward today at least you are moving in the right direction.

♐ Sagittarius
Nov. 23 - Dec. 21
Ideas will come to you out of the blue and with remarkable clarity today, and at least one of them has the potential to transform your life. It's not just about ideas. You've got to act.

♑ Capricorn
Dec. 22 - Jan. 20
Act on the assumption that whatever you are told today is only half the story. It's unlikely that anyone is lying deliberately but chances are they don't know the full story, so how can they reliably inform you?

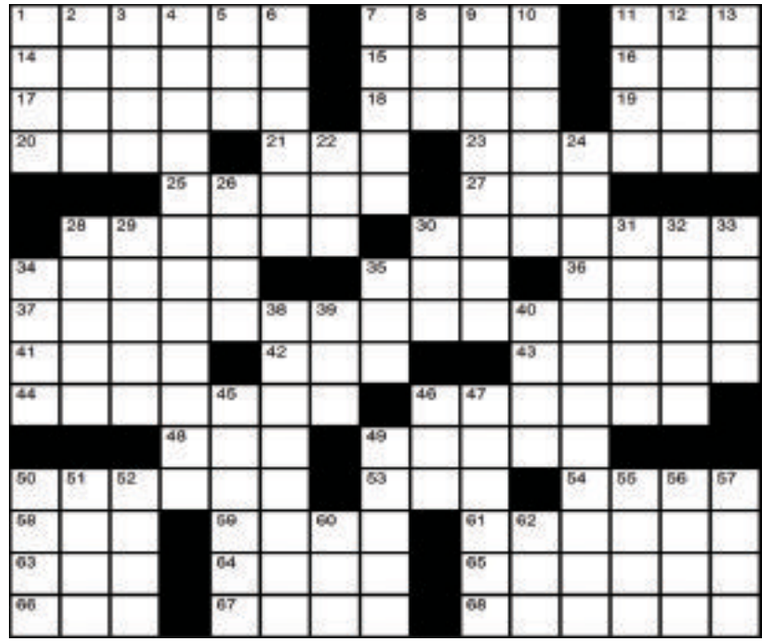
♒ Aquarius
Jan. 21 - Feb. 19
Don't waste time on trivial things, or trivial people. Think about what is really important, and think about how you can make the world a better place.

♓ Pisces
Feb. 20 - March 20
You are entitled to your opinions and to express them. Don't let anyone silence you today. The more they try, the more likely it is your opinions are hitting the right spot. Keep hitting it. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



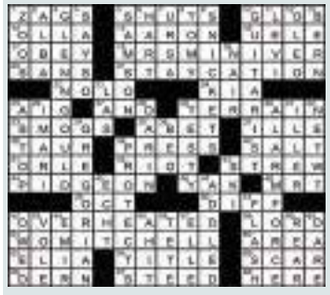
Across

1. Type of computer printer
7. French film
11. Blue Rodeo hit
14. One of Montreal's Concordia University's campuses
15. Dupery
16. Pronoun
17. Basketball great, __ Abdul-Jabbar
18. Commedia dell'__
19. Standard
20. Single-horse carriage
21. Celeb photographer
23. Bring†in from beyond
25. Picture files on PCs
27. __-locka, Florida
28. Rock: French
30. Horns of nature
34. "__ bleu!" (Golly!)
35. Camel hair garment
36. H.G. Wells people
37. Period of social change in Quebec in the 1960s: 2 wds.
41. Falsehood
42. That, in Tijuana
43. Tend the fire
44. This evening
46. Baseball team: acr. + wd.
48. Ginger drink
49. Picnic blanket's one-of-some
50. Vancouver-born actor Mr. Jackson
53. 'Motor' suffix
54. Yep's opposite
58. Commonly, in verse
59. Snare
61. Reached home plate, this way: 2 wds.
63. Charlemagne's li'l domain
64. 'Conval' suffix (Recuperate)
65. Nature/beach/recreation spot on Vancouver Island
66. '60/'70s war zone, informally
67. Want
68. Cold __ (Singer/songwriter from Etobicoke, ON)
24. Painter-at-the-easel's tool: 2 wds.
26. __-a-porter (Ready-to-wear)
28. Brazil's Sao __
29. 'Mort' suffix (Funeral parlor gig)
30. Blood-typing letters
31. Poet T.S.
32. Chess pieces
33. __ qua non (Essential factor)
34. Floor plan measuring unit, __. __.
35. Ms. Gardner
38. Practice for the play
39. Founded, for short
40. "Gomer Pyle, _._._._."
45. __-free bread
46. Calgary Flames org.
47. Bakery supplies
49. Made do
50. Saint __, New Brunswick
51. Canadian cellist Ms. Harnoy
52. Plant part
55. Relating to lyric poetry
56. "Get the Party Started" singer
57. Rock producer Brian's
60. Toronto Blue Jays mascot
62. Sever

Down

1. Types
2. Biblical mariner
3. Ms. Sedgwick of acting
4. Iconic 'Degrassi' character played by Pat Mastroianni: 2 wds.
5. 'Client' completer
6. Meddle
7. Cowboy coverings
8. 'Super' suffix
9. CBC News program, "The __"
10. Let off
11. Spelling misssstake
12. Bellylaugh!
13. Portable dwelling of Mongolia
22. 27, for one

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	1	5	6	8	2	4	7	9
7	6	4	9	3	1	2	8	5
2	9	8	5	4	7	1	3	6
4	8	7	1	5	6	9	2	3
9	5	3	2	7	4	6	1	8
1	2	6	3	9	8	7	5	4
6	7	9	8	2	5	3	4	1
5	4	1	7	6	3	8	9	2
8	3	2	4	1	9	5	6	7

		4	7			8	2	
5						7		1
	8			6				9
	2				5	1		
			3		1			
		1	2				6	
7				9			1	
9		5						4
	3	6			7	2		

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20°/9°
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